



Rhodiola TINCTURE

MENTAL FATIGUE
Concentration

NPN 80076214
50 ml

Each ml contains

Rhodiola	fresh root	<i>Rhodiola rosea</i>	1:2	480 mg	Organic
Alcohol 30%, certified organic					

DOSAGE

INTERVENTION: 2-2.5 ml, 2 times per day.

TREATMENT: 3 ml, once a day.

DIRECTIONS FOR USE

Shake before using. Take in a mouthful of water, 15 to 30 minutes before meals. Do not take before bedtime. For long-term treatment, use 6 days out of 7.

MODE OF ACTION

A master herb of mental health, rhodiola has a special affinity for the brain. It improves short and long-term memory, mental acuity, concentration, attention, learning abilities and intellectual performance. It stimulates cognitive functions in times of stress and fatigue as well as intellectual performance in complex cognitive tasks. It reduces mental fatigue and anxiety and increases general well-being. It is a neuroprotector and neuro-regenerator, thus decreasing loss of memory due to aging. *Rhodiola rosea* acts on symptoms of depression and reduces the side-effects of tricyclic antidepressants, such as physical and mental fatigue.

Rhodiola is a stimulating adaptogen and helps the organism adapt to stress. It also reverses the negative effects of chronic stress. It supports the hypothalamus-pituitary-adrenal (HPA) axis during intense stress. It modulates the key neurotransmitters in the HPA axis and helps maintain a normal level of testosterone in times of stress. *Rhodiola rosea* improves the functioning of the endocrine system, especially the adrenal glands, thyroid and thymus. This reduces fatigue, increases the production of energy and stimulates the central nervous system. Rhodiola influences the quantity of serotonin, dopamine and norepinephrine necessary for the proper functioning of the cerebral cortex by inhibiting the enzymes responsible for their breakdown. It also increases physical endurance.

As a liver protector, a heart protector and antioxidant, it reduces oxidative stress and protects against oxidative damage. It protects organs and cells against the damage caused by radiation and chemical substances. It is anti-inflammatory and reduces levels of C-reactive proteins and creatine kinase. Rhodiola fortifies immune defenses in an immune system weakened by overwork, excessive physical training, chemotherapy and radiotherapy. It slows angiogenesis (the formation of new blood vessels). It also regulates blood sugar and reduces the physiological effects of altitude sickness.

The main constituents of rhodiola are phenylpropanoids (rosavin, rosarin, rhodionin, rhodiosin, rosin), phenylethanoids (salidroside, tyrosol), flavonoids (kaempferol), organic acids, essential oils, sugars, fatty acids and amino acids.

HELPFUL ASSOCIATIONS

GREEN OATSTRAW infusion for troubles of the nervous system.

NETTLE infusion for fatigue and exhaustion.

NERVETOP for agitation and anxiety.

DREAMTOP for sleeping difficulties.

ST-JOHN'S WORT tincture for symptoms of mild to moderate depression.

ETHNOBOTANY

Nervous system: mild to moderate symptoms of depression, exhaustion, fatigue, mental confusion, difficulty concentrating, memory loss, cognitive troubles due to aging, neurodegenerative diseases, ADHD.

Other: metabolic syndrome, altitude sickness, cancer prevention.

HISTORY

Rhodiola has long been used in Traditional Chinese Medicine, as well as in Tibetan and Ayurvedic medicine. It was also used in Russian traditional medicine to increase physical stamina, work productivity, longevity and for many other conditions such as altitude sickness, fatigue, anemia and nervous troubles. Research on rhodiola started in the former Soviet Union in the 1960's but has only gained in importance in the last decade. The use of rhodiola as an adaptogen is now well established in many countries such as Russia and Sweden.

CONTRA-INDICATIONS

Consult a health care practitioner before using if pregnant, breastfeeding or if symptoms persist or worsen. Stop using if you suffer from irritability or insomnia. Do not use if you suffer from bipolar disorder or troubles of the bipolar spectrum.

INTERACTIONS

Consult a health care practitioner if you use antidepressants, oral contraceptives or hormone replacement therapy.

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